

Oula Nasser El Dine

Lebanese, June 22, 1988

Beirut, Lebanon

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OPTL membership 2011 /1635

Education

- 2020-2022 **Doctor in Physical therapy**, Beirut Arab University
- 2021 **Emotional liberation breathing practitioner**, The Bridge Institute, Accredited by Australian Institute of Integrated Therapy.
- 2020 **Diploma in Healthcare management and quality (HMQ)**, Gates Intl accredited by Tracert Canada & Syndicate of Hospitals in Lebanon (<https://portal.thetaco.org/courses/certificate/TC276720>)
- 2011 **License Degree in Physiotherapy**, Lebanese University (Thesis « De La Performance Mentale A L'exercice Physique: Applications En Physiothérapie »)
- 2006 **Lebanese baccalaureate Degree in Life Science**, Al-Ain high school

Professional Experience

- **Part time Instructor at IUL, Beirut-Khaldeh**, 2022-present.
- **Freelance Senior Physiotherapist**, 2011- present
- **Freelance trainer & TOT**, 2020-present
- **Volunteer consultant & trainer at الف باء القانوني, medical & health awareness**, 2022-present.
- **Women health & wellness coach at Momfit- Lebanon**, 2021-present
- **Emotional liberation breathing practitioner & Induced stress management** 2021- present
- **Volunteer Trainer at LOYAC Lebanon**, Medical & Health Team, 2021- 2022
- **Volunteer manager & field response, medical rescue team Beirut explosion, 4 august 2020.**
- **Volunteer, Trainer & field response to implement procedures, measures and preventive guidance to face COVID-19 virus**, assigned by the Lebanese ministry of internal affairs (12 municipalities in Baalbek area), with cooperating & coordinating with Lebanese Red Cross disaster management team (Hermel) 2020- 2021
- **Volunteer**, consultant & medical data provider for awareness online campaign "Together against covid-19" (Facebook/ Instagram/ Twitter) 2020
- **Training Manager**, at PIRLO for Business & Consultancy, Beirut- Tayouneh 2019-2021
- **Internship 2007-2011:**
Sahel hospital- Haret Hreik; Military hospital – Badaro; Mohammad Khaled Center – Ouzaii; Lebanese University rehabilitation center – Hadath; Al Zahraa hospital-Jnah;

8NPA center – Unesco; Al kafaat center- Kafaat; Dar Al Ajaza center- Beirut; Rafik Hariri University Hospital- Beirut.

- **Escorte de controle du dopage accreditee, et physiotherapeute avec les joueurs**, Lebanese university, Rafic Al Hariri Campus-Hadath, jeux de la francophonie ,27 Septembre- 6 Octobre 2008.
- **Strapping, kinesiotaping**: pre&post sport injury, with Dr Hassan Karake 2008- 2010

Management & quality control Trainings

- **Certificate of Participation “We go public project” with my “Momfit center” project**, Madanyat for equality, Jan 2022 to Jul 2022.
- **Certified Freelance Trainer, Adaatek**, 01st to 03rd February 2022
- **Essentials of project management & design thinking workshop, LOYAC Lebanon**. 20 November 2021
- **German language A1.1, CCPE**, Beirut, Feb 2021-Mar 2021.
- **Risk Management Workshop**, Aug 20 2019, at PIRLO business consultants, Beirut- Al Tayyouneh.
- **Writing a Policy on Policies & Procedures Workshop**, Aug 05 2019, at PIRLO business consultants, Beirut- Al Tayyouneh.
- **Introduction to ISO9001:2015** Jun 12 2019 at Promopharm SARL, Jounieh.
- **Mock Tracer Methodology Training**, Jun 11 2019 at PIRLO Business consultants, Beirut Al Tayouneh
- **Introduction about Lebanese MOH accreditation standards for hospitals**, May 07 2019 at PIRLO business consultants, Beirut- Al tayyouneh.
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Medical & Paramedical Trainings

- **Hujama cupping therapy**, Ramak association for every human, feb 2022
- **Induced stress management, inclusive of emotional liberation breathing technique & guided brain imagery**, July 02 2021 Monteverdi, The Bridge Institute, accredited by Australian Institute of Integrated Therapy.
- **Infection Prevention and Control (IPC) for COVID-19 Virus**, World health organization, health emergency program, Jan 31 2021, online programs.
- **Many online Webinars about definition prevention, control; disaster & risk management; Physical & Respiratory rehabilitation pre-post, COVID-19 VIR pandemic 2020- present.**
- **11th annual congress of the Lebanese society for vascular surgery**, “Troubleshooting in Vascular and Endovascular surgery”. 29,30 March 2019, Hilton Habtoor hotel- Beirut, Lebanon
- **Physio Beirut 2018, “Coping with the International Standards”**. Lebanese Order of Physicians, October 12-14 2018.
- **The 10th congress of the Lebanese urology society**. Hilton Habtoor, 4-6 October 2018.
- **Pain Multi-Disciplinary Congress** in collaboration with Lariboisiere University Hospital, Bellevue Medical Center, September 8 2018.

- **Manuel therapy workshop on “Clinical Reasoning in Musculoskeletal Diseases: EBP of Mulligan Concept”.** Cultural Library Haret Hreik, Feb 20 2018.
- **The 4th International Scientific Days of the national Institute of Physiotherapy-INP.** Beit al Tabib, September 16-17 2017.
- **Mesotherapy technique workshop;** MCCM cosmetics Spain, 3 March 2017
- **Symposium of the Lebanese Society for the study of pain,** “Challenging Pain Conditions”, Phoenicia Hotel- Beirut. November 7 2014
- **What’s new in Clinical Neurology and Neurological Physical Therapy;** Beirut October 26 2013.
- **Facilitation technique (FT) Workshop;** 16&17 August 2013 – 14 Contact hours/ Al Zahraa Hospital- Beirut, By Dr Hussein Nasser (FT Inventor & Instructor).
- **Mulligan Concept;** 15 August 2013/ Global University – Beirut, By Dr Hussein Nasser.
- **Updated Physiotherapy in Neurology;** Bahman hospital: 7-3-2013
- **Management of Spasticity;** 18 January 2012 / Al Sahel Hospital – Beirut, By Dr Saleh Sbeity
- **Journée scientifique Nabatiyeh governmental hospital:** 29 October 2011.
- **Congrès annuel de l’association médicale franco-libanaise;** Movenpick hôtel- Beyrouth, le 15 juillet 2011.
- **Céphalée de tension et thérapie manuelle,** LU-S1 11 décembre 2010
- **Technique avancée en massage manuel,** LU-S1 8 janvier 2011
- **Paramedic training with ICRC,** Beirut, 28 fev 2011
- **Diagnostic et raisonnement Clinique en physiothérapie,** LU-S1 19 février 2011
- **Rééducation cognitive-motrice et méthode de Perfetti,** LU-S1 12 avril 2011
- **Updates in physical therapy: from experience to evidence;** American University of Beirut 2010
- **Medical Center Physical Department, International Physical Therapy Day,** 23 September 2010.
- **“Gait rehabilitation in children with cerebral palsy” Workshop & The fourth Scientific congress of Rahma Medical Center “Neurological Rehabilitation... Towards Globalization & Distinction”;** Tripoli, Azm & Saade Association, & Rahma Medical Center, 3-4 December 2010.

Skills

Languages

Arabic (Mother Language)
 English (Fluent)
 French (Fair)
 Dutch (A1.1)

Soft skills

Public speaking; interpersonal communication;
 Time management; creativity;
 Leadership; critical thinking

Computer skills

Microsoft office: word, excel, power point
 Adobe: Photoshop, Lightroom
 Instagram & Facebook

Other

Participation in all "Academy of Active Citizens" Workshops of the lebanese Organisation for Studies & Training. Baalbeck October 2008

Certificate in photography, IBDA Association, 25-05-2012

Testimony of trained journalist with honors degree, Nawras Media Cultural Association, 16-04-2011

Degrees & Documents available upon request